

# 8th GRADE BASKETBALL STUDY GUIDE

## History

- Basketball was invented in 1891 by Dr. James Naismith, an instructor at the YMCA Training School in Springfield, Massachusetts.
- The game got its name from the two half-bushel peach baskets that were attached to the gymnasium balcony.
- The peach baskets were attached 10 feet above the floor and established a measurement that remains in use today.

## Equipment

- The court is a rectangle 94 feet by 50 feet.
- Rectangular backboards made from wood, metal or fiberglass.
- The basketball may have a leather, synthetic, or rubber case.

## Positions

- Five team players usually include a center, two guards, and two forwards.
- The center and forwards (post players) are usually the tallest players. They often take the jump balls and are responsible for rebounding and close-range shooting. These players usually play closest to the basket.
- The guards do most of the dribbling and generally play farthest from the basket. They advance the ball up the court by dribbling and passing. The point guard sets up a team's offensive pattern like a quarterback in football.

## Rules

- Only five players from each team play on the court at one time.
- A basket is scored when the ball passes through the basket from above.

- Two points are scored from the court other than from behind the three-point line.
- Each successful free throw awarded for fouls scores one point.
- The clock is stopped when an official indicates a dead ball.
- The clock continues to run after a made basket.
- The ball is put into play at the beginning of the game by a jump ball in the center circle by two opposing players.
- After each made basket, the ball is put into play by the team that did not score the basket from behind the endline at the end of the court where the basket was scored.
- A player is out-of-bounds when touching a person or thing that is on or outside the boundary or the support of the backboard.
- The team is awarded a throw-in at the place where the opposing team caused the ball to go out-of-bounds.
- An offensive player may not remain in the free-throw lane (the key) for more than 3 seconds during play.

## Violations

- A **violation** is an infraction of a rule for which the ball is put into play from out of bounds, including:
  - Double dribbling.
  - Sending the ball out-of-bounds.
  - Running with the ball (traveling).
  - Kicking the ball.
  - Interfering with the basket (goaltending).
  - Stepping on the line during the throw-in.

- Taking more than 5 seconds for a throw-in.
- Taking more than 10 seconds for a free throw.
- Offensive player staying in the free-throw lane for more than 3 seconds.
- Keeping the ball in the backcourt for more than 10 seconds.
- Crossing the half court line with the ball and then going back over the half court line with the ball (over and back).

## Fouls

- Personal fouls are violations involving contact with an opponent.
- Examples of personal fouls include: Holding, pushing, tripping, charging contact with a shooting player, rough play.
- A player is disqualified and removed from play after 5 personal fouls.
- A player fouled while shooting is awarded 2 free throws if the shot misses (3 if beyond the 3 point line).
- If the shot is made and a player is fouled the player is awarded 1 free throw.
- If the fouled offensive player is not shooting, the team gets possession out-of-bounds nearest where the foul occurred.
- However, the team will shoot free throws on a non-shooting foul if the bonus is in effect. (bonus begins with opponent's 7<sup>th</sup> personal foul during the half).
- The defensive team gets possession of the ball when the offensive team commits the foul.
- There are no free throws awarded for offensive fouls.

- An intentional foul results in 2 free throws and possession of the ball.
- A technical foul is a noncontact foul by a player or a violation by a nonplayer (coach).
- Technical fouls are awarded 2 free throws and possession of the ball.

## **Terminology**

- Bounce Pass - A pass in which a person has two hands on the ball and passes from chest level to a teammate who catches the ball at waist level but the ball touches the ground before it gets to their teammate.
- Charge - Contact resulting from an offensive player with the ball moving into an opponent whose position or path is already established.
- Chest Pass - A pass in which a person has two hands on the ball and passes from chest level to a teammate who catches the ball at chest level without the ball touching the ground.
- Double Dribble - A violation in which a player is dribbling the ball with two hands at the same time.
- Free Throw - A penalty shot awarded to a player when the opposition committed a foul. Shot is taken from within the free-throw circle and behind the free-throw line. The shooter has 10 seconds to take the shot.
- Jump Ball - Method of putting the ball into play that involves tossing the ball up into the air between two opposing players in the center circle. Also a call made when two opposing players both have their hands on the ball at the same time.

- Lay up - A short distance shot that is made by shooting with one hand off the backboard.
- Man to man defense - A type of defense in which each player has an assigned opponent with whom to guard.
- Pivot - Moving one foot around in any direction while the other foot stays planted in only one spot without moving while you are in possession of the ball.
- Traveling - A violation in which a player takes two or more steps while in possession of the ball without a dribble.
- Violation - Breaking of the rules for which an out-of-bounds award is given to the opposing team, i.e., traveling and double dribble.
- Zone Defense - A type of defense in which players are responsible for guarding areas of the court rather than an individual.